

10-Week QB Performance Program

Goal: Increase arm speed, throwing power, functional size, durability, and explosiveness.

Frequency: 4 lifting days/week (2 upper, 2 lower), plus daily mobility & recovery. (10 weeks)

Weekly Structure

Monday: LOWER + PLYO

Tuesday: DYNAMIC EFFORT UPPER

Wednesday: Mobility / Recovery / Throw Prep

Thursday: LOWER POWER

Friday: UPPER MAX STRENGTH

Sat/Sun: Active recovery, mobility, light throw mechanics

Daily Mobility / Warm-Up (15–20 min)

T-spine rotations: 10 each side

Hip CARs: 5 each leg

Dynamic lunges with reach: 5 each leg

Ankle circles / dorsiflexion drills: 10 each

Shoulder dislocates: 10–15 reps

Band pull-aparts: 15–20 reps

Banded scap push-ups: 10–15 reps

Med ball toss warm-up: 10 rotational side tosses

DAILY QB ARM CARE + ROTATIONAL POWER WORKOUT

(Can be done every day, pre-throw or standalone)

SECTION 1 – TISSUE + MOBILITY (5–7 MIN)

Get loose without fatiguing the arm

Foam Roll T-Spine – 30–45s

PVC or Band Pass-Throughs – 2×10

Quadruped T-Spine Rotations – 2×6E

Neck CARs – 5 each direction

SECTION 2 – SCAP + ROTATOR CUFF ACTIVATION

Protect the shoulder, improve deceleration

Band External Rotation (Elbow at Side) – 2×12E

Band Internal Rotation – 2×12E

Band No-Moneys – 2×15

Serratus Wall Slides – 2×10

Tempo: slow and controlled					
Rule: burn ≠ better					
SECTION 3 – CORE STABILITY + FORCE TRANSFER					
<i>This is where QBs separate</i>					
Pallof Press Hold – 2×20–30sE					
Dead Bug with Band Pulldown – 2×6E					
Tall-Kneeling Anti-Rotation Chop – 2×8E					
Focus on:					
Rib cage down					
Hips quiet					
SECTION 4 – ROTATIONAL MED BALL POWER					
<i>Velocity without stress</i>					
Choose 2–3 movements per day (rotate them):					
Standing Rotational Scoop Toss – 3×5E					
Step-Behind Rotational Throw – 3×4E					

Kneeling Rotational Throw – 3×5E				
Shot-Put Style Throw – 3×4E				
Med Ball Load: 8–12 lb				
Intent: fast, violent, clean				
SECTION 5 – THROWING-SPECIFIC STABILITY				
<i>Uncommon, but elite</i>				
Single-Arm Bottoms-Up KB Carry – 2×30–40yE				
Band-Assisted Deceleration Pulls – 2×8E				
Bear Crawl (Controlled) – 2×20y				
OPTIONAL FINISHER (2–3 MIN)				
<i>Only if you feel good</i>				
Med Ball Overhead Slam – 2×6				
Band Pull-Aparts – 2×20				
HOW TO USE THIS DAILY				

Before throwing: full routine						
After lifting: skip med ball throws						
Recovery day: Sections 1–3 only						
In-season: cut volume in half						
KEY QB RULES						
You should feel better after, not cooked						
Speed > fatigue						
Stop if arm feels heavy						
Consistency beats intensity						

WEEK 1 INITIAL PHASE - FOUNDATION / VOLUME

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS	
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH	
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)			
WEEK 1 DAY 1 LOWERBODY POWER								
	EXERCISE			SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT			4	6	M-H	M	controlled (3-1-1)
1B.	BOX JUMP			4	5		M	
2A.	DB RFE SPLIT SQUAT			3	6E		M-H	
2B.	SKATER JUMPS			3	8E		BW	
3A.	SINGLE LEG RDL			3	8E		M	CONTROL
3B.	COSSACK SQUAT			3	6E		M	
3C.	GHD BACK EXTENSION			3	12		BW	3 HOLD
ABS & FINISHER								
4A.	HANGING LEG RAISES			3	15			
WEEK 1 DAY 2 DYNAMIC EFFORT UPPER								
SUPERSET	EXERCISE			SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	DB INCLINE BENCH PRESS			5	8	M-H	M-H	1 HOLD
2A.	WEIGHTED PULL UPS			4	MAX	H	BW	
2B.	3 WAY RAISE			4	10E		10 LBS	
3A.	CORE STABLIZATION DB ROW			4	6E	M	M	CONTROL
3B.	FACE PULLS			4	10			
3C.	BAND PULL APARTS			4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)			3	12		L	
4B.	PALLOF PRESS			3	15		H	3 HOLD
ABS & FINISHER								
5A.	SUITCASE CRUNCHES			X120				

WEEK 1 DAY 3 LOWER DAY									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT				5	5	M - H	H	PAUSE
1B.	DEPTH DROPS				5	3		BW	
2A.	DB ISO LUNGE				4	30 SEC EACH		M	
2B.	BROAD JUMPS				4	5			
3A.	NORDIC HAMSTRING CURLS				3	5		H	
3B.	MONSTER WALKS				3	10YDS	BAND	BAND	
3C.	BAND RESISTED HIP ABDUCTERS				3	10E			
ABS & FINISHER									
4A.	WALL CRUNCHES					X100			
WEEK 1 DAY 4 MAX EFFORT UPPER									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH				5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS				4	6-8		H	HOLD AT TOP
2B.	BB ROW				4	8	M-H	H	
2C.	MED BALL SLAMS				4	5		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION				4	15E			
3B.	SHOULDER STABLIZATION PRESS				4	12E		L-M	
ABS & FINISHER									
4A.	IN AND OUTS				3	30			
4B.	BB REVERSE CURL// WRIST CURL				3	FAILURE//X2		L	

WEEK 2 INITIAL PHASE - FOUNDATION / VOLUME

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS		
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH		
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)				

WEEK 1 DAY 1 LOWERBODY POWER

	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT	5	5	M - H	M	1 HOLD
1B.	REACTION DEPTH DROPS FOR HEIGHT	5	3	H	MAX HEIGHT	(TAKE OFF AS SOON AS YOU HIT GROUND)
2A.	DB RFE SPLIT SQUAT	3	6E		M-H	
2B.	SKATER JUMPS	3	8E		BW	
3A.	BARBELL RDL	3	6	M	H	CONTROLLED
3B.	PISTOL SQUAT	3	5E	L - M	BW	
3C.	COSSACK SQUAT	3	6E		M	
3D.	GHD BACK EXTENSION	3	12		BW	3 HOLD

ABS & FINISHER

4A.	RUSSIAN TWISTS		X120			
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WEEK 1 DAY 2 DYNAMIC EFFORT UPPER

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	HANG CLEAN	4	6	L-M	L-M	
2A.	WEIGHTED PULL UPS	4	MAX	H	BW	
2B.	3 WAY RAISE	4	10E		10 LBS	
3A.	BARBELL BO ROW	4	8	H	M-H	PAUSE
	TRICEP EXTENSION	4	12	M - H	M-H	CONTROL
3C.	BAND PULL APARTS	4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)	3	12		L	
4B.	FACE PULLS	3	10			

ABS & FINISHER

5A.	WEIGHTED DECLINE SIT UPS		X80			
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WEEK 1 DAY 3 LOWER DAY									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT				5	8	M - H	H	NO PAUSE
2A.	BB REVERSE LUNGE				4	6E	M	M	
2B.	SPLIT SQUAT JUMPS				4	4E		BW	
3A.	GOBLET SQUAT				3	10	M	M	FULL DEPTH
3B.	SINGLE LEG GLUTE BRIDGE				3	10E		BW	
3C.	3 WAY CALF RAISE (IN - STRAIGHT - OUT)				3	10E			
ABS & FINISHER									
4A.	PLANK					X1MIN			
WEEK 1 DAY 4 MAX EFFORT UPPER									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH				5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS				4	6-8		H	HOLD AT TOP
2B.	YTWLs				4	8E	L	L	
2C.	KNEELING ROTATIONAL MEDBALL TWISTS				4	5E		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION				4	15E		BANDED	
3B.	SHOULDER STABLIZATION PRESS				4	12E		L	
ABS & FINISHER									
4A.	LEG RAISES				3	20			
4B.	SUPERMANS				3	10			

WEEK 3 GROWTH PHASE - FOUNDATION / VOLUME

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS		
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH		
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)				

WEEK 1 DAY 1 LOWERBODY POWER

	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT	4	4	M-H	H	3 SEC DOWN
1B.	BOX JUMP	4	5		M	
2A.	DB RFE SPLIT SQUAT	3	6E		M-H	
2B.	SKATER JUMPS	3	8E		BW	
3A.	SINGLE LEG RDL	3	8E		M	CONTROLLED
3B.	COSSACK SQUAT	3	6E		M	
3C.	GHD BACK EXTENSION	3	12		BW	3 HOLD

ABS & FINISHER

4A.	MIDDLE KNEE RUBS		X120			
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WEEK 1 DAY 2 DYNAMIC EFFORT UPPER

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	DB INCLINE BENCH PRESS	5	8	H	M-H	1 HOLD
2A.	WEIGHTED PULL UPS	4	MAX	H	BW	
2B.	3 WAY RAISE	4	10E		10 LBS	
3A.	CORE STABILIZATION DB ROW	4	6E	M	M	CONTROL
3B.	FACE PULLS	4	10			
3C.	BAND PULL APARTS	4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)	3	12		L	
4B.	PALLOF PRESS	3	15		H	3 HOLD

ABS & FINISHER

5A.	SUITCASE CRUNCHES		X120			
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WEEK 1 DAY 3 LOWER DAY

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT	5	5	M - H	H	PAUSE
1B.	DEPTH DROPS	5	3		BW	
2A.	DB WALKING LUNGES	4	10YDS		H	
2B.	BROAD JUMPS	4	5			
3A.	NORDIC HAMSTRING CURLS	3	5		H	
3B.	MONSTER WALKS	3	10YDS	BAND	BAND	
3C.	BAND RESISTED HIP ABDUCTERS	3	10E			
ABS & FINISHER						
4A.	WALL CRUNCHES		X100			
WEEK 1 DAY 4 MAX EFFORT UPPER						
SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH	5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS	4	6-8		H	HOLD AT TOP
2B.	BB ROW	4	8	M-H	H	
2C.	MED BALL SLAMS	4	5		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION	4	15E			
3B.	SHOULDER STABILIZATION PRESS	4	12E		L-M	
ABS & FINISHER						
4A.	IN AND OUTS	3	30			
4B.	BB REVERSE CURL// WRIST CURL	3	FAILURE//X2		L	

WEEK 4 GROWTH PHASE - FOUNDATION / VOLUME

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS		
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH		
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)				

WEEK 1 DAY 1 LOWERBODY POWER

	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT	5	5	M - H	M	1 HOLD
1B.	REACTION DEPTH DROPS FOR HEIGHT	5	3	H	MAX HEIGHT	(TAKE OFF AS SOON AS YOU HIT GROUND)
2A.	DB RFE SPLIT SQUAT	3	6E		M-H	
2B.	SKATER JUMPS	3	8E		BW	
3A.	BARBELL RDL	3	6	M	H	CONTROLED
3B.	PISTOL SQUAT	3	5E	L - M	BW	
3C.	COSSACK SQUAT	3	6E		M	
3D.	GHD BACK EXTENSION	3	12		BW	3 HOLD

ABS & FINISHER

4A.	MIDDLE KNEE RUBS		X120			
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WEEK 1 DAY 2 DYNAMIC EFFORT UPPER

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	HANG CLEAN	4	6	L-M	L-M	
2A.	WEIGHTED PULL UPS	4	MAX	H	BW	
2B.	3 WAY RAISE	4	10E		10 LBS	
3A.	BARBELL BO ROW	4	8	H	M-H	PAUSE
	TRICEP EXTENSION	4	12	M - H	M-H	CONTROL
3C.	BAND PULL APARTS	4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)	3	12		L	
4B.	FACE PULLS	3	10			

ABS & FINISHER

5A.	WEIGHTED DECLINE SIT UPS		X80			
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WEEK 1 DAY 3 LOWER DAY									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT				5	8	M - H	H	NO PAUSE
2A.	BB REVERSE LUNGE				4	6E	M	M	
2B.	SPLIT SQUAT JUMPS				4	4E		BW	
3A.	GOBLET SQUAT				3	10	M	M	FULL DEPTH
3B.	SINGLE LEG GLUTE BRIDGE				3	10E		BW	
3C.	3 WAY CALF RAISE (IN - STRAIGHT - OUT)				3	10E			
ABS & FINISHER									
4A.	PLANK					X1MIN			
WEEK 1 DAY 4 MAX EFFORT UPPER									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH				5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS				4	6-8		H	HOLD AT TOP
2B.	YTWLs				4	8E	L	L	
2C.	KNEELING ROTATIONAL MEDBALL TWISTS				4	5E		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION				4	15E		BANDED	
3B.	SHOULDER STABLIZATION PRESS				4	12E		L	
ABS & FINISHER									
4A.	LEG RAISES				3	20			
4B.	SUPERMANS				3	10			

WEEK 5 POWER PHASE

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS		
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH		
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)				

WEEK 1 DAY 1 LOWERBODY POWER

	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT	4	5	M-H	M	3 HOLD
1B.	BOX JUMP	4	5		M	
2A.	DB RFE SPLIT SQUAT	3	6E		M-H	
2B.	SKATER JUMPS	3	8E		BW	
3A.	SINGLE LEG RDL	3	8E		M	CONTROLLED
3B.	COSSACK SQUAT	3	6E		M	
3C.	GHD BACK EXTENSION	3	12		BW	3 HOLD

ABS & FINISHER

4A.	MIDDLE KNEE RUBS		X120			
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WEEK 1 DAY 2 DYNAMIC EFFORT UPPER

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	DB INCLINE BENCH PRESS	5	8	H	M-H	1 HOLD
2A.	WEIGHTED PULL UPS	4	MAX	H	BW	
2B.	3 WAY RAISE	4	10E		10 LBS	
3A.	CORE STABILIZATION DB ROW	4	6E	M	M	CONTROL
3B.	FACE PULLS	4	10			
3C.	BAND PULL APARTS	4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)	3	12		L	
4B.	PALLOF PRESS	3	15		H	3 HOLD

ABS & FINISHER

5A.	SUITCASE CRUNCHES		X120			
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WEEK 1 DAY 3 LOWER DAY

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT	5	5	M - H	H	PAUSE
1B.	DEPTH DROPS	5	3		BW	
2A.	DB WALKING LUNGES	4	10YDS		H	
2B.	BROAD JUMPS	4	5			
3A.	NORDIC HAMSTRING CURLS	3	5		H	
3B.	MONSTER WALKS	3	10YDS	BAND	BAND	
3C.	BAND RESISTED HIP ABDUCTERS	3	10E			
ABS & FINISHER						
4A.	WALL CRUNCHES		X100			
WEEK 1 DAY 4 MAX EFFORT UPPER						
SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH	5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS	4	6-8		H	HOLD AT TOP
2B.	BB ROW	4	8	M-H	H	
2C.	MED BALL SLAMS	4	5		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION	4	15E			
3B.	SHOULDER STABILIZATION PRESS	4	12E		L-M	
ABS & FINISHER						
4A.	IN AND OUTS	3	30			
4B.	BB REVERSE CURL// WRIST CURL	3	FAILURE//X2		L	

WEEK 6 POWER PHASE

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS		
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH		
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)				

WEEK 1 DAY 1 LOWERBODY POWER

	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT	5	3	H	H	1 HOLD
1B.	REACTION DEPTH DROPS	5	3	H	MAX HEIGHT	(TAKE OFF AS SOON AS YOU HIT GROUND)
2A.	DB RFE SPLIT SQUAT	3	6E		M-H	
2B.	SKATER JUMPS	3	8E		BW	
3A.	BARBELL RDL	3	6	M	H	CONTROLLED
3B.	PISTOL SQUAT	3	5E	L - M	BW	
3C.	COSSACK SQUAT	3	6E		M	
3D.	GHD BACK EXTENSION	3	12		BW	3 HOLD

ABS & FINISHER

4A.	RUSSIAN TWISTS		X120			
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WEEK 1 DAY 2 DYNAMIC EFFORT UPPER

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	HANG CLEAN	5	3	M-H	M-H	
2A.	WEIGHTED PULL UPS	4	MAX	H	BW	
2B.	3 WAY RAISE	4	10E		10 LBS	
3A.	BARBELL BO ROW	4	8	H	M-H	PAUSE
	TRICEP EXTENSION	4	12	M - H	M-H	CONTROL
3C.	BAND PULL APARTS	4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)	3	12		L	
4B.	FACE PULLS	3	10			

ABS & FINISHER

5A.	WEIGHTED DECLINE SIT UPS				X80				
WEEK 1 DAY 3 LOWER DAY									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT				5	8	M - H	H	NO PAUSE
2A.	BB REVERSE LUNGE				4	6E	M	M	
2B.	SPLIT SQUAT JUMPS				4	4E		BW	
3A.	GOBLET SQUAT				3	10	M	M	FULL DEPTH
3B.	SINGLE LEG GLUTE BRIDGE				3	10E		BW	
3C.	3 WAY CALF RAISE (IN - STRAIGHT - OUT)				3	10E			
ABS & FINISHER									
4A.	PLANK					X1MIN			
WEEK 1 DAY 4 MAX EFFORT UPPER									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH				5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS				4	6-8		H	HOLD AT TOP
2B.	YTWLs				4	8E	L	L	
2C.	KNEELING ROTATIONAL MEDBALL TWISTS				4	5E		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION				4	15E		BANDED	
3B.	SHOULDER STABLIZATION PRESS				4	12E		L	
ABS & FINISHER									
4A.	LEG RAISES				3	20			
4B.	SUPERMANS				3	10			

WEEK 7 MAX STRENGTH

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS		
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH		
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)				

WEEK 1 DAY 1 LOWERBODY POWER

	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT	4	5	M-H	M	controlled (3-1-1)
1B.	BOX JUMP	4	5		M	
2A.	DB RFE SPLIT SQUAT	3	6E		M-H	
2B.	SKATER JUMPS	3	8E		BW	
3A.	SINGLE LEG RDL	3	8E		M	CONTROLLED
3B.	COSSACK SQUAT	3	6E		M	
3C.	GHD BACK EXTENSION	3	12		BW	3 HOLD

ABS & FINISHER

4A.	MIDDLE KNEE RUBS		X120			
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WEEK 1 DAY 2 DYNAMIC EFFORT UPPER

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	DB INCLINE BENCH PRESS	5	8	H	M-H	1 HOLD
2A.	WEIGHTED PULL UPS	4	MAX	H	BW	
2B.	3 WAY RAISE	4	10E		10 LBS	
3A.	CORE STABILIZATION DB ROW	4	6E	M	M	CONTROL
3B.	FACE PULLS	4	10			
3C.	BAND PULL APARTS	4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)	3	12		L	
4B.	PALLOF PRESS	3	15		H	3 HOLD

ABS & FINISHER

5A.	SUITCASE CRUNCHES		X120			
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WEEK 1 DAY 3 LOWER DAY									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT				5	5	M - H	H	PAUSE
1B.	DEPTH DROPS				5	3		BW	
2A.	DB WALKING LUNGES				4	10YDS		H	
2B.	BROAD JUMPS				4	5			
3A.	NORDIC HAMSTRING CURLS				3	5		H	
3B.	MONSTER WALKS				3	10YDS	BAND	BAND	
3C.	BAND RESISTED HIP ABDUCTERS				3	10E			
ABS & FINISHER									
4A.	WALL CRUNCHES					X100			
WEEK 1 DAY 4 MAX EFFORT UPPER									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH				5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS				4	6-8		H	HOLD AT TOP
2B.	BB ROW				4	8	M-H	H	
2C.	MED BALL SLAMS				4	5		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION				4	15E			
3B.	SHOULDER STABLIZATION PRESS				4	12E		L-M	
ABS & FINISHER									
4A.	IN AND OUTS				3	30			
4B.	BB REVERSE CURL// WRIST CURL				3	FAILURE//X2		L	
4C.	BANDED SKULL CRUSHER				3	FAILURE		BAND	

WEEK 8 BUILD PHASE

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS		
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH		
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)				

WEEK 1 DAY 1 LOWERBODY POWER

	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT	4	4	M - H	H	1 HOLD
1B.	REACTION DEPTH DROPS FOR HEIGHT	4	3	H	MAX HEIGHT	(TAKE OFF AS SOON AS YOU HIT GROUND)
2A.	DB RFE SPLIT SQUAT	3	6E		M-H	
2B.	SKATER JUMPS	3	8E		BW	
3A.	BARBELL RDL	3	6	M	H	CONTROLLED
3B.	PISTOL SQUAT	3	5E	L - M	BW	
3C.	COSSACK SQUAT	3	6E		M	
3D.	GHD BACK EXTENSION	3	12		BW	3 HOLD

ABS & FINISHER

4A.	MIDDLE KNEE RUBS		X120			
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WEEK 1 DAY 2 DYNAMIC EFFORT UPPER

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	HANG CLEAN	4	5	M	M	
2A.	WEIGHTED PULL UPS	4	MAX	H	BW	
2B.	3 WAY RAISE	4	10E		10 LBS	
3A.	BARBELL BO ROW	4	8	H	M-H	PAUSE
	TRICEP EXTENSION	4	12	M - H	M-H	CONTROL
3C.	BAND PULL APARTS	4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)	3	12		L	
4B.	FACE PULLS	3	10			

ABS & FINISHER

5A.	WEIGHTED DECLINE SIT UPS		X80			
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WEEK 1 DAY 3 LOWER DAY									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT				5	8	M - H	H	NO PAUSE
2A.	BB REVERSE LUNGE				4	6E	M	M	
2B.	SPLIT SQUAT JUMPS				4	4E		BW	
3A.	GOBLET SQUAT				3	10	M	M	FULL DEPTH
3B.	SINGLE LEG GLUTE BRIDGE				3	10E		BW	
3C.	3 WAY CALF RAISE (IN - STRAIGHT - OUT)				3	10E			
ABS & FINISHER									
4A.	PLANK					X1MIN			
WEEK 1 DAY 4 MAX EFFORT UPPER									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH				5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS				4	6-8		H	HOLD AT TOP
2B.	YTWLs				4	8E	L	L	
2C.	KNEELING ROTATIONAL MEDBALL TWISTS				4	5E		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION				4	15E		BANDED	
3B.	SHOULDER STABLIZATION PRESS				4	12E		L	
ABS & FINISHER									
4A.	LEG RAISES				3	20			
4B.	SUPERMANS				3	1/9/1900			

WEEK 9 BUILD PHASE

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS		
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH		
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)				

WEEK 1 DAY 1 LOWERBODY POWER

	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT	4	5	M-H	M	controlled (3-1-1)
1B.	BOX JUMP	4	5		M	
2A.	DB RFE SPLIT SQUAT	3	6E		M-H	
2B.	SKATER JUMPS	3	8E		BW	
3A.	SINGLE LEG RDL	3	8E		M	CONTROLLED
3B.	COSSACK SQUAT	3	6E		M	
3C.	GHD BACK EXTENSION	3	12		BW	3 HOLD

ABS & FINISHER

4A.	MIDDLE KNEE RUBS		X120			
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WEEK 1 DAY 2 DYNAMIC EFFORT UPPER

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	DB INCLINE BENCH PRESS	5	8	H	M-H	1 HOLD
2A.	WEIGHTED PULL UPS	4	MAX	H	BW	
2B.	3 WAY RAISE	4	10E		10 LBS	
3A.	CORE STABILIZATION DB ROW	4	6E	M	M	CONTROL
3B.	FACE PULLS	4	10			
3C.	BAND PULL APARTS	4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)	3	12		L	
4B.	PALLOF PRESS	3	15		H	3 HOLD

ABS & FINISHER

5A.	SUITCASE CRUNCHES		X120			
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WEEK 1 DAY 3 LOWER DAY									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT				5	5	M - H	H	PAUSE
1B.	DEPTH DROPS				5	3		BW	
2A.	DB WALKING LUNGES				4	10YDS		H	
2B.	BROAD JUMPS				4	5			
3A.	NORDIC HAMSTRING CURLS				3	5		H	
3B.	MONSTER WALKS				3	10YDS	BAND	BAND	
3C.	BAND RESISTED HIP ABDUCTERS				3	10E			
ABS & FINISHER									
4A.	WALL CRUNCHES					X100			
WEEK 1 DAY 4 MAX EFFORT UPPER									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH				5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS				4	6-8		H	HOLD AT TOP
2B.	BB ROW				4	8	M-H	H	
2C.	MED BALL SLAMS				4	5		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION				4	15E			
3B.	SHOULDER STABLIZATION PRESS				4	12E		L-M	
ABS & FINISHER									
4A.	IN AND OUTS				3	30			
4B.	BB REVERSE CURL// WRIST CURL				3	FAILURE//X2		L	
4C.	BANDED SKULL CRUSHER				3	FAILURE		BAND	

WEEK 10 FINAL PHASE

GENERAL WARM UP DONE DAILY	1 STATIONARY UPPER	NECK ROLLS	ARM CIRCLES	NO GOODS	CHAIN BREAKERS	SIAGON SQUAT	WIND MILLS		
	2 STATIONARY LOWER	SIAGON STRETCH	GROINER FORWARD	GROINER 45	GROINER LATERAL	TACT FROG	90/90 SWITCH		
	4 DYNAMIC	KNEE/ QUAD PULL	WALKING DEADLIFT	REVERSE LUNGE	LATERAL LUNGE (L/R/M)				

WEEK 1 DAY 1 LOWERBODY POWER

	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	FRONT SQUAT	5	3	H	H	
1B.	REACTION DEPTH DROPS FOR HEIGHT	5	3	H	MAX HEIGHT	(TAKE OFF AS SOON AS YOU HIT GROUND)
2A.	DB RFE SPLIT SQUAT	3	6E		M-H	
2B.	SKATER JUMPS	3	8E		BW	
3A.	BARBELL RDL	3	6	M	H	CONTROLLED
3B.	PISTOL SQUAT	3	5E	L - M	BW	
3C.	COSSACK SQUAT	3	6E		M	
3D.	GHD BACK EXTENSION	3	12		BW	3 HOLD

ABS & FINISHER

4A.	MIDDLE KNEE RUBS		X120			
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WEEK 1 DAY 2 DYNAMIC EFFORT UPPER

SUPERSET	EXERCISE	SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	HANG CLEAN	5	3	M-H	M-H	
2A.	WEIGHTED PULL UPS	4	MAX	H	BW	
2B.	3 WAY RAISE	4	10E		10 LBS	
3A.	BARBELL BO ROW	4	8	H	M-H	PAUSE
	TRICEP EXTENSION	4	12	M - H	M-H	CONTROL
3C.	BAND PULL APARTS	4	10			
4A.	ROTATOR CUFF (EXTERNAL/INTERNAL)	3	12		L	
4B.	FACE PULLS	3	10			

ABS & FINISHER

5A.	WEIGHTED DECLINE SIT UPS		X80			
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WEEK 1 DAY 3 LOWER DAY									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	BACK SQUAT				5	8	M - H	H	NO PAUSE
2A.	BB REVERSE LUNGE				4	6E	M	M	
2B.	SPLIT SQUAT JUMPS				4	4E		BW	
3A.	GOBLET SQUAT				3	10	M	M	FULL DEPTH
3B.	SINGLE LEG GLUTE BRIDGE				3	10E		BW	
3C.	3 WAY CALF RAISE (IN - STRAIGHT - OUT)				3	10E			
ABS & FINISHER									
4A.	PLANK					X1MIN			
WEEK 1 DAY 4 MAX EFFORT UPPER									
SUPERSET	EXERCISE				SETS	REPS	INTENSITY	LOAD	TEMPO
1A.	SINGLE ARM DB BENCH				5	5E		H	PAUSE
2A.	WEIGHTED CHIN UPS				4	6-8		H	HOLD AT TOP
2B.	YTWLs				4	8E	L	L	
2C.	KNEELING ROTATIONAL MEDBALL TWISTS				4	5E		15+ LBS	
3A.	BANDED INTERNAL/EXTERNAL ROTATION				4	15E		BANDED	
3B.	SHOULDER STABLIZATION PRESS				4	12E		L	
ABS & FINISHER									
4A.	LEG RAISES				3	20			
4B.	SUPERMANS				3	10			